




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><i>Low fat milk (12) is provided with each meal</i></p> <p><i>Numbers in parentheses represent carbohydrate count</i></p>	<p>Pleasant Grove Seniors</p>	<p>Donations: \$3 Seniors \$6 Guest Call 1 day in advance. 801-785-2818</p>		<p>1 Country Fried Steak(04) Mashed Potatoes/Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Peaches(18)</p>
<p>4 Salisbury Steak(05) Garlic Mashed Potatoes/Gravy(27) Mixed Vegetables(12) Fresh Baked Roll(15) Diced Pears (19)</p>	<p>5 Old Fashioned Sloppy Joe(0) Fresh Hamburger Bun(15) Mustard Potato Salad(19) Pork and Beans(25) Navel Orange(22)</p>	<p>6 Broiled Bratwurst with Fresh Baked Hoagies(17) Sauerkraut(04) Cottage Cheese/Fruit(13) Roasted Corn(14) Fresh Baked Brownie(23)</p>	<p>7 Teriyaki Chicken Bowl(08) Steamed Brown Rice(21) Fresh Steamed Broccoli(04) Banana(27) Fresh Baked Roll (15)</p>	<p>8 Cured Honey Baked Ham(00) Scalloped Potatoes(13) Diced Beets(06) Fresh Baked Corn Bread(33) Applesauce(08)</p>
<p>11 Sweet and Sour Chicken(30) Steamed White Rice(21) Stir Fried Vegetables(12) Fresh Orange(22) Fresh Baked Roll (15)</p>	<p>12 Three Cheese Tortellini with Bolognese Sauce(28) Garden Green Salad(02) Diced Carrots(06) Cinnamon Apple crisp(67) Fresh Baked Roll(15)</p>	<p>13 Savory Chicken Salad Wrap(18) Italian Pasta Salad(20) Kosher Pickle Spears(00) Diced Pears(19)</p>	<p>14 Smokey BBQ Beef Sandwich(35) Classic Cole slaw(25) Corn with Red Peppers(14) Banana(27) Chocolate Brownie(23)</p>	<p>15 Garlic Roasted Beef(00) Roasted Baby Potatoes(15) Seasoned Peas(11) Mixed Fruit Cocktail(08) Fresh Baked Roll(16) Fruit Tart(15)</p>
<p>18 Malibu Chicken with Honey Mustard Sauce(08) Au Gratin Potatoes(22) Green Beans(02) Fresh Baked Roll(16) Mandarin Oranges (11)</p>	<p>19 Homemade Meat Loaf(03) Garlic Mashed Potatoes(30) Roasted Corn(14) Fresh Baked Roll(15) Cutie Orange (22)</p>	<p>20 Grilled Hamburgers with Fresh Baked Bun(17) Coleslaw(04) Fruit and Jell-O Cup(09) Roasted Corn(14) Fresh Baked Brownie(23)</p>	<p>21 Ms. Helen's Cheesy Beef Lasagna(19) Green Beans(02) Fresh Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>22 Roast Turkey Breast(03) Garlic Mashed Potatoes &Gravy(25) Crinkle Cut Carrots(06) Fresh Baked Roll(15) Mandarin Oranges(11)</p>
<p>25 Swedish Meatballs(39) Steamed Rice(21) Carrots(06) Peaches(18) Fresh Baked Roll(16)</p>	<p>26 Spaghetti & Meat Sauce (25) Garden Green Salad(02) Fresh Baked Garlic Bread(15) Seasonal Fruit Crisp(67)</p>	<p>27 BBQ Chicken Quarters(03) Au Gratin Potatoes(19) Seasoned Green Beans(02) Fresh Local Apple(28) Fresh Baked Roll(16)</p>	<p>28 Ground Beef Taco Salad Chips, Shredded Lettuce, Diced Vine Ripe Tomato, Shredded Cheese, Kidney Beans, Ranch Dressing ,Taco Sauce , Sour Cream(40) Mandarin Oranges(11)</p>	<p>29 Kalua Pork(00) Hawaiian Rice(25) Seasoned Corn(14) Pineapple Tidbits(07) Fresh Baked Roll(15)</p>